

# Course Information Sheet for: Psychology: The Power of Belief

## What is this course about?

We all have beliefs: beliefs about the world and how it works; beliefs about other people and why they behave the way they do; beliefs about ourselves, who we are, what we can & can't do, how valuable we are...and so on. This weekend will explore the world of beliefs; we shall examine how we can sometimes limit ourselves with our beliefs, but also how we can empower ourselves. How we can tend to stick with old familiar beliefs, and only seek out information which confirms them. Should all beliefs be rational and justified or is there a place in life for fantasy, faith and hope? The weekend is open to all, no prior knowledge needed. There will be short lectures, plus time for discussion in large and small groups.

**Tutors: Jonathan Smith**

**Date: 9<sup>th</sup> - 11th November 2018**

## What do I need to bring?

Just your curiosity, plus a notebook and something to write with

## What experience do I need to get onto this course?

None; all are welcome

## What will I have achieved by the end of the course?

An understanding of how our beliefs serve us, and sometimes hinder us, and how we may be able to change them in a positive direction.

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## What's included in the weekend residential?

- All tuition.
- All meals from Friday Dinner to Sunday lunch. Vegetarian options are always available. If you have any special dietary needs please inform us on enrolment.
- Morning and afternoon refreshments throughout the course.
- Two nights shared occupancy accommodation. Single rooms may be available at a small surcharge, please enquire when booking.
- Access to wifi.
- Free parking subject to availability.
- Use of the beautiful grounds at Debden House.

## Length of the course:

It is a weekend residential course, Friday evening to Sunday pm.

## Course fee:

Please apply to Debden House for details. You may be entitled to a concession if you are a Newham resident. Proof of resident status must be produced at the time of enrolment.